

# Specialty Classes - September

8/27/24

## Monday

<b>Pilates Reformer</b>	6:00 - 7:00 pm	4 Classes	September: 9,16,23,30
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## Tuesday

<b>Aqua Boot Camp</b>	7:30 - 8:30 am	4 Classes	September: 3,10,17,24
<b>Taekwondo</b>	6:00 - 7:00 pm	4 Classes	September: 3,10,17,24

## Wednesday

<b>Pilates Reformer</b>	9:00 -10:00 am	4 Classes	September: 4,11,18,25
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## Thursday

<b>Aqua Boot Camp</b>	7:30 - 8:30 am	4 Classes	September: 5,12,19,26
<b>Taekwondo</b>	6:00 - 7:00 pm	4 Classes	September: 5,12,19,26

## Friday

<b>Pilates Reformer</b>	7:00 - 8:00 am	3Classes	September: 13,20,27
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## Varies

<b>Women on Weights</b>			
Mondays	10:30-11:30 am	4 Classes	September: 9,16,23,30
Thursdays	11:00-12:00 am	4 Classes	September: 5,12,19,26

YWCA St. Paul is focused on Health Equity and eliminating barriers for members, including financial barriers!

Purchasing the Specialty Class Service allows a member to participate in any and as many of the Specialty Classes listed on the left for a reduced fee.

### Monthly Rates Options:

**\$50 - 1 Class/Month**

(Example- Aqua Boot Camp- Mondays)

**\$100 - 2 or More Classes/Month**

(Example- Aqua Boot Camp- Mon & Wed)

(Example- Mat Pilates Sat & Pilates reformer on Wed)

**Take 2 OR MORE Specialty classes for \$100/month!**

**To purchase the Specialty Service, please stop by the Member Services Desk and speak with a staff member!**

\*Services can be prorated if you need to join the after the class start date!

\*YWCA Programs participants receive a discounted rate for Specialty classes. Please contact Neil Erickson at [NErickson@ywcstpaul.org](mailto:NErickson@ywcstpaul.org) to receive the discounted rate.

# Class Descriptions

**Aqua Boot Camp:** Deep or shallow, unleash your inner athlete in this fast-paced interval workout that will get your heart pumping and leave your muscles aching for more.

**Be Strong:** Using a variety of movements and varied resistance exercises to improve strength, flexibility, posture, balance, and body awareness. This is a great class for those with osteoporosis.

**Begin Again Yoga:** Yoga isn't for everyone but it's open to anyone. It's not just the poses that ease stress, but you might find comfort just spending time around like-minded people.

**Pilates Mat:** Move beyond the basics with more advanced exercises and at a faster pace. Previous Pilates experience is strongly recommended.

**Pilates Reformer:** Improve spatial awareness, balance, whole-body strength, and flexibility with Pilates reformer exercises. Previous Pilates Reformer experience is strongly recommended.

**Sense of Balance:** Looking to improve your balance? Research shows that balance exercises for seniors can significantly reduce the risk of falls. Join this class to get training!

**Taekwondo:** Ram's Taekwondo teaches YW's Taekwondo classes. Our vision is to empower the community members: we provide healthy physical activity with teachings of respect and mental discipline to overcome difficult tasks. Classes may be mixed with youth and adults.

**Women on Weights:** Group training designed especially for women. Participants learn the most effective ways to tone muscles, how to incorporate free weights into a strength training routine & how to create an efficient, safe weight training program.